

## IN THE CLAIMS

1. (currently amended) An exercise ~~apparatus~~ system comprising:

a frame;

a housing coupled to and at least partially surrounding said frame;

a user engagement mechanism coupled to said frame for relative movement with respect thereto, said user engagement mechanism comprising at least one of a pedal, a step, a graspable member, and a planar surface;

a resistance varying mechanism coupled to said frame and associated with said user engagement mechanism, said resistance varying mechanism being operative to cause a change of an exertion by a user engaged with the user engagement mechanism during an exercise session;

control circuitry at least partially surrounded by said housing and electrically coupled to said resistance varying mechanism, said control circuitry having an input; and

~~a loudspeaker; and~~

~~a digital storage device medium-storing control circuitry-signals and the voice of a virtual personal trainer, wherein said control signals and said voice of a virtual personal trainer are interrelated, said digital storage device being coupled to said input of said control circuitry audio-signals including vocal content, whereby said exercise apparatus can be controlled operated within an exercise session by with the capability of both varying a resistance of said user engagement mechanism in accordance with said control signals with the accompaniment of said voice of said virtual personal trainer, and providing vocal content to a user.~~

2. (currently amended) An exercise system as recited in claim 1 wherein said digital storage device is at least one of coupled to said frame, coupled to said housing, and at least partially surrounded by said housing. ~~vocal content includes the voice of a virtual personal trainer.~~

3. (currently amended) An exercise system as recited in claim 1 wherein said input to said control circuitry includes an input port, and wherein said digital storage device is coupled to said input port by a cable. ~~user engagement mechanism comprises is at least one of a pedal, a step, a graspable member, and a planar surface.~~

4. (currently amended) An exercise system as recited in claim ~~[[1]]~~ 3 wherein said control circuitry includes a microprocessor, and wherein said digital storage device medium comprises at least one of a CD optical digital storage, other forms of optical digital storage, a hard disk magnetic digital storage, other forms of magnetic digital storage, RAM semiconductor digital memory, and other forms of semiconductor digital memory.

5. (currently amended) An exercise system as recited in claim ~~[[1]]~~ 4 wherein said resistance varying mechanism includes at least one of a brake and a motor, and further comprising an output port coupled to at least one of said control circuitry and said input port, which provides audio output signals of at least said voice of said virtual personal trainer.

6. (currently amended) An exercise apparatus comprising:

a user engagement mechanism including at least one of a pedal, a step, a graspable member, and a planar surface;

an exertion varying mechanism coupled to said user engagement mechanism, said exertion varying mechanism being operative to cause a change of an exertion by a user engaged with the user engagement mechanism during an exercise session; and

circuitry electrically coupled to said exertion varying mechanism and being operationally receptive to ~~a control circuitry signals~~ which are provided in correlation with a voice of a virtual personal trainer, wherein both said control signals and said voice of a virtual personal trainer are, at least at some point in time, stored together in a digital storage medium; and an audio signal including vocal content,

whereby said exercise apparatus can be operated ~~controlled~~ within an exercise session with the capability of both varying an exertion of said user and contemporaneously providing said voice of a virtual personal trainer. ~~auditory output including vocal content to said user which is temporally related to said user's exertion.~~

7. (currently amended) An exercise apparatus as recited in claim 6 wherein said ~~control circuitry signal and said audio signal are stored on a memory~~ digital storage medium associated with digital device can derive said control signals and said voice of said virtual personal trainer from said digital storage medium.

8. (currently amended) An exercise system as recited in claim ~~[[7]]~~ 6 wherein said digital storage memory medium is selected from the group consisting essentially of magnetic media, optical media, and semiconductor media.

9. (currently amended) An exercise system as recited in claim 8 wherein said optical media ~~storage memory device~~ is a compact disc (CD).

10. (currently amended) An exercise system as recited in claim ~~[[9]]~~ 6 wherein said circuitry receives said control signals from ~~is coupled to~~ a remote server which communicates over ~~by, at least in part,~~ a network.

11. (currently amended) An exercise system as recited in claim 10 wherein said ~~network~~ server is accessed using Internet protocols, ~~includes a wide area network~~.

12. (currently amended) An exercise system as recited in claim 6 wherein said digital storage medium is separate from said apparatus and is coupled to said apparatus by a transmission medium, ~~voeal content includes the voice of a virtual personal trainer.~~

13. (currently amended) An exercise system as recited in claim ~~[[6]]~~ 12 wherein said transmission medium is a cable. ~~control circuitry includes a microprocessor.~~

14. (original) An exercise system as recited in claim 6 wherein said resistance varying mechanism includes at least one of a brake and a motor.

15. (currently amended) An exercise system comprising:

(a) an exercise apparatus including:

a frame;

a housing coupled to and at least partially surrounding said frame;

a user engagement mechanism coupled to said frame for relative movement with respect thereto;

~~a resistance~~ an exertion varying mechanism coupled to said frame and associated with said user engagement mechanism, said exertion ~~resistance~~ varying mechanism being operative to cause a change of exertion level by a user engaged with the user engagement mechanism during an exercise session;

~~an audio output device; and~~

internal circuitry including a microprocessor at least partially surrounded by said housing and electrically coupled to said exertion ~~resistance~~ varying mechanism ~~and said audio output device~~, said internal circuitry being operationally responsive to ~~externally generated signals~~

~~including an externally generated digital control circuitry signals and which are temporally related with a voice of a virtual personal trainer an externally generated audio signal including vocal content which is related to said control circuitry signal, whereby said exercise apparatus can be externally controlled within an exercise session can be enhanced with the capability of both varying a resistance of said user engagement mechanism an exertion and providing said voice of said virtual personal trainer auditory output including vocal content to a user; and~~

an input port coupled to said control circuitry; and

(b) ~~external circuitry~~ an external device coupled to said input port, said external device including digital storage provided separately from said exercise apparatus and operative to at least temporarily store said control signals and said voice of said virtual personal trainer together in said digital storage. provide said externally generated signals.

16. (currently amended) An exercise system as recited in claim 15 wherein said external ~~circuitry~~ device includes a digital processor microprocessor.

17. (currently amended) An exercise system as recited in claim 16 wherein said external device circuitry ~~includes~~ comprises at least one of a personal computer system and a server communicating over a network.

18. (currently amended) An exercise system as recited in claim ~~[[17]]~~ 16 wherein said digital storage is at least one of optical storage, magnetic storage, and

~~semiconductor storage. external circuitry includes a personal computer system coupled to a remote server by, at least in part, a network.~~

19. (currently amended) An exercise system as recited in claim ~~[[18]]~~ 16 wherein said digital storage is at least one of a CD, a hard disk, a RAM and a ROM. ~~network includes a wide area network.~~

20. (original) An exercise system as recited in claim 15 ~~wherein said vocal output includes the voice of a virtual personal trainer.~~ further comprising an output port providing analog electrical signals to drive an electro-acoustical device which reproduces said voice of said virtual personal trainer.

21-24 (canceled)